

Look Your Best



Do You Know ...

... what you put in your body affects how you look on the outside? Food choices can affect your hair, skin, teeth, posture ... and more!

The Food Choices You Make Affect Your Looks

For Shiny, Healthy Hair And Beautiful Skin

Key Vitamins and Minerals

1. *Eat five servings a day of fruits and vegetables!*
Enjoy blueberries, red grapes, oranges, green beans and more.
2. *Exercise!* Exercise stimulates the whole body, gets your blood flowing and makes you glow.
3. *Drink Water!* Water keeps you energized and keeps your skin clear.

For Strong, White Teeth and a Good, Straight Posture

Calcium Rich Foods

Try dairy foods such as low-fat milk, yogurt and cheese

Eat three servings a day of calcium-rich dairy foods.



Key Vitamins and Minerals and Where to Find Them..

Vitamin A

What it does ...

- Promotes healthy skin, hair and eyes, helps with night vision.

Where do you find it?

- Rich yellow or deep orange vegetables such as carrots and sweet potatoes.

Great snack: baby carrots and lite ranch dressing.

- Dark leafy greens (broccoli and spinach).

Try spinach salad with apples and craisins!

Vitamin E

What it does ...

- Powerful antioxidant! Protects our body's cells against damage.

Where do you find it?

- Vegetable oils
- Sunflower seeds
- Nuts

Calcium

What it does ...

- Strengthens bones and teeth.

Where do you find it?

- Milk and milk products (yogurt, cheese, etc).
- Small fish (with bones), tofu, certain green vegetables, legumes.
- Fortified juices (check your orange juice).

How Much Water Should I Drink Each Day?

Drink at least eight, 8-ounce glasses each day and even more during and after exercise. This equals about two large water bottles each day.

Remember ... Drinking water hydrates your skin from the inside, keeping it soft and moist (it also helps to get rid of under-eye circles).



Want More Info on Eating to Look Your Best?

California Project Lean, Resources for Teens: www.caprojectlean.org/

Teens Health: Food and Fitness: www.teenshealth.org/teen/food_fitness/